

Know Your Numbers

Two Steps To Get Your Discount in 2014



Understand your health today
for smaller payments tomorrow.

The State of Montana's **Know Your Numbers Campaign** kicks off on Jan 1, 2013. Completing both your health screening and online assessment in 2013 gives you great information about your health *and* will give you a discount on your monthly benefits payments in 2014. Plus, if you have a dependent age 18 or older on your plan, their participation doubles your discount! Being tobacco-free* gives you even more of a discount.

Here's how it works:

Step 1: In 2013 complete a health screening with CareHere, the company that runs the Montana Health Centers. To schedule go to <http://carehere.com>.

Then...

Step 2: Fill out the Cigna online Health Assessment (HA) *using the numbers from your health screening* by going to www.myCigna.com. When you fill out your assessment, you and your dependent age 18 or older covered on your plan will have to register as new users. To earn the tobacco-free discount, you will let us know in your HA if you do or do not use tobacco. Your dependent age 18 or older on your plan does the same.

You must complete BOTH steps to qualify for any discount!

Once you have completed both steps in 2013—with CareHere and with Cigna—then in 2014 you get a \$5/month discount for your health screening, \$5/month more if you are tobacco-free, \$5/month for your dependent, and \$5/month if they are tobacco-free. So you can save up to \$240/year by learning information that benefits **YOU!**

**Do you use tobacco? Ready to stop? You have options. Both Cigna and CareHere offer comprehensive tobacco cessation programs for members on the State plan. Both programs are no cost to you the member. Copays apply to any medications deemed appropriate by the clinic provider.*



CareHere!



For details, go to www.benefits.mt.gov or contact Health Care and Benefits Division (HCBD) at (800) 287-8266, TTY (406) 444-1421, or benefitsquestions@mt.gov.